

Your Diet and Hemodialysis: An Overview

When your kidneys no longer work the way that they should, following a special diet and having dialysis treatments will help keep extra water and waste from building up in your body.

You will be asked to limit foods that are high in

- ❖ sodium (salt and salty foods)
- ❖ potassium (orange juice, bananas)
- ❖ phosphorus (milk, cheese)
- ❖ liquids (hot and cold drinks, water, soup)



Your diet is an important part of your overall care.

- ❖ When your dialysis begins, it will be important for you to eat more high quality protein foods like lean meat, pork, fish, seafood, egg whites, egg substitute and poultry to meet your daily protein needs.
- ❖ Please be sure to ask your dietitian if you have any questions or need help with meal planning, grocery shopping tips, cooking ideas or tips for eating out.
- ❖ Please remember that following a special diet for your kidneys can be enjoyable and healthy for you.



Source: Department of Veterans Affairs
Nutrition and Food Service